

Gourmet Favors Inexpensive Cookbook

Cheese And Fresh Fruit Give Nutrition To Creamy Shortcake

NEW YORK (WNS) — I haven't told you about some of the new cookbooks for quite a long time; reason, there are so many and many of these are so expensive. I always think of that \$25 volume — example, Raymond Oliver's excellent tome (he of the superlative Grand Vefour of Paris) — being taken to the kitchen, opened by milady for reference as she cooks, and then treated to a dusting of flour, a grating of onion, and a blob of tomato paste. Bravo to Dionne Lucas who puts her little recipe reference file box behind a thick, clear plastic shield.

Recently I have had the good fortune to come upon the chef d'oeuvre of "101 Productions," a publisher of cookbooks, plant and flower books, and travel books. These people use perfectly lovely paper, appropriately tasteful illustrations (mostly line-cuts), and print in an extraordinarily judicious choice of types, in an intriguing large, square format. The books are all bound in paper at \$3.95 and in cloth at \$6.95.

The titles I have found most useful, and recommended highly, are "Herb Cookery," "Manna-Foods From the Frontier" (tells you how to dry, pickle, smoke, and make sausage), "The Portable Feast" (an absolute must for picnickers, hikers and people in those travelling trailer homes.), and one called just plain "Soup" (even soup-king, Hank Rubin of Pot Luck might get an idea or two here

to add to his 300 plus soups retinue). By the by, while not culinary, the book, "Home Plants" is a honey as a gift for that man or woman with a purplish-brown thumb, who would like to turn it green! Oh! Yes — write to them in care of Jacqueline Killeen at 834 Mission St., San Francisco 94103. She'll tell you about the others.

To continue, Ballantine Books of 20 East 50th Street, N.Y.C. 10022 has done the improbable — published "Cooking Out of This World" — yours for \$1.50. It is improbable because it is compiled by a man named Disch (Not Misch, mind you) who asked 60 science fiction writers to labor and come up with their favorite recipes. I'm afraid they did: "Brutally Whipped Potatoes", "Beef in Oyster Sauce", "A Martini Not Recommended for Humans" etc. As the cover blurb states, "You'll laugh all the way to the Alka-Seltzer." P.S. The Settlement Cook Book: is still pretty good!

What do some people do in the heat of summer besides fish and cook steak out? I'll tell you.

They have fashion shows to show winter costumes. They invent toys and show Santa how to make them, and one group designs Christmas packages for holiday alcohol! The first report from these "spirited" folk is in. The Seagram people advise that 100 Pipers will come in a Vinton luggage-looking case

(which makes a splendid thermos carrier later on) for \$7.60. Chivas is mated with its offspring, Lochan Ora Scotch Liqueur, at \$22 for both. (The boss would sure like that one.) Besquit Dubouche Grande Fine Cognac will be sluiced into a Baccaret crystal decanter for a paltry \$50 (about the cost of the decanter alone). And Perrier Jouet Champagne's "Special Reserve" will celebrate the holidays in a bottle that's enamelled all over with dainty, colorful flowers—\$18 includes bottle and the vintage of 1964. (I never had a bad bottle of P.U., and neither will you.) The Shah of Iran served it at that orgy of his for 4,000 of his best friends.

The Heublein people have a great cookbook if you can

wangle one. "The Original Mexicans," it's called and it's to honor their Jose Cuervo Tequila. But aside from that, the recipes are original, and easy — 40 pages of them. They range from a cocktail to a hunk of bread. Here's the original:

MARGARITA

1 1/2 oz. Triple Sec (or Cointreau)
1 1/2 oz. Cuervo Tequila
1 oz. lemon or lime juice
Shake well. Salting the lip of the glass is traditional. But there are recipes for soups, salads, brunch dishes, desserts — the whole bit.

TORTILLAS

The original Tortillas — that famous flat bread of Mexico — requires Masa Harina (dehydrated masa flour). They can also be made this

way: (To make 24)

1 lb. all purpose flour
1 cup margarine (cut into cubes)
1 cup warm water
1 1/2 teasp. salt
Rub shortening into flour. Dissolve salt in water, and add. Knead well. Leave for minimum of 3 hours. Knead again. Divide into 24 1 1/2 inch balls. Roll each out into 7 inch circle. Put on hot griddle. When surface bubbles appear (20 seconds) flip and cook a few seconds on the other side. Serve hot, cool, freeze, or use for

TOSTADAS

In a skillet, heat 3" of oil very hot. Deep fry tortillas. Top with cheese, shredded lettuce, tomato, sour cream & what you will. A tostado is an open sandwich gone Mexican.

Dessert needn't mean empty calories. Take a creamy shortcake, add protein-rich gouda cheese imported from Holland and vitamin-packed peaches, and you're sure to have a treat that even the most delicate sweet tooth will love. This basic cheese-shortcake recipe is a great accompaniment for most any fruit. Try it with your favorite. And remember, fruits are most economical—and most flavorful—when in season.

PEACHY CHEESE SHORT-CAKE

3 pounds fresh peaches
3/4 cup sugar
2 cups unsifted flour
3/4 teaspoon salt
1 tablespoon baking powder
1 1/2 teaspoons shortening
1 cup grated gouda cheese
3/4 cup milk

Softened butter
2 cups heavy cream
3/4 cup sugar
1 teaspoon vanilla extract
Peel and slice peaches, sprinkle with sugar and let stand to draw out juices.
Meanwhile, sift flour, salt, baking powder and 1 1/2 teaspoons sugar. Cut in shorten-

ing with a pastry blender or two knives until mixture resembles coarse meal. Stir in 1/2 cup gouda cheese imported from Holland. Add milk all at once and stir together until milk is blended into dough.

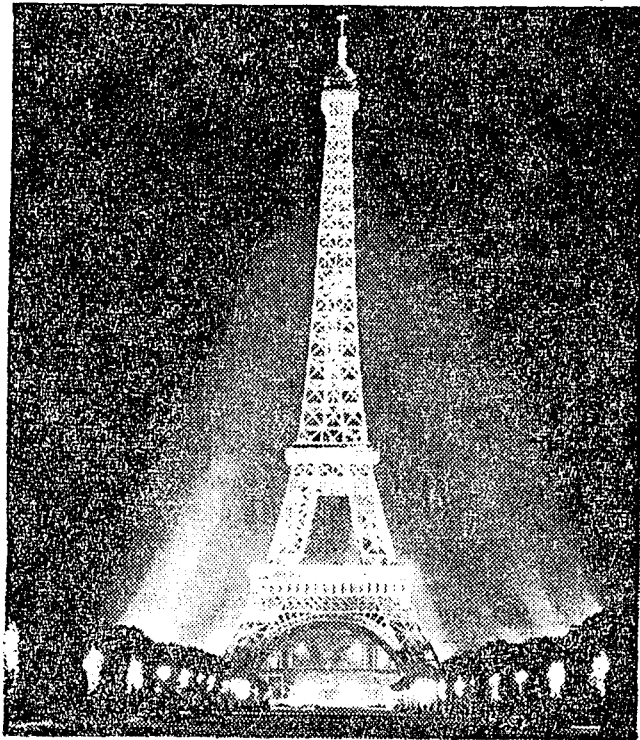
Turn dough out onto lightly floured board and knead lightly and briefly. Divide in half, place in 8- or 9-inch round cake pans and bake at 450 degrees F. for 10 to 12 minutes, or until light brown.

Butter tops of each shortcake and sprinkle with remaining Holland gouda cheese. Put half the peaches between the layers; top with remaining peaches. Combine heavy cream, 1/4 cup sugar and vanilla. Whip to soft peaks. Top shortcake with part of cream. Pass the rest. Make 8 servings.

Year-Round Fruit.

Strawberries are grown in almost all of the 50 states, but only 31 produce them on a commercial scale. California berries are on the market six months of the year, but other states grow enough to make this fruit a year-round item.

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And Bon Appétit!

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Fashion Square
Thursday, September 12, 1973 - 10:00 A.M.
Friday, September 14, 1973 - 10:00 A.M.

La Habra
Fashion Square
La Costa Auditorium
Beach and Imperial Hwy.
Monday, September 17, 1973 - 7:30 A.M.
Monday, September 18, 1973 - 7:30 P.M.
Tuesday, September 19, 1973 - 10:00 P.M.
Tuesday, September 20, 1973 - 7:30 P.M.

Fountain Valley
Community Center
1050 Slater Avenue
Monday, September 24, 1973 - 7:30 P.M.
Tuesday, September 25, 1973 - 10:00 A.M.

Mission Viejo
Mendocino Recreation Building
125800 Mantecosa
Wednesday, September 26, 1973 - 10:00 A.M.

Santa Ana
59 North Ave.
Next to Fido's Dept.
Tuesday, September 25, 1973 - 10:00 A.M.
Wednesday, September 26, 1973 - 7:30 P.M.

Seal Beach
City Council Chambers
211 - 2nd St.
Monday, October 1, 1973 - 7:30 P.M.
Tuesday, October 2, 1973 - 10:00 A.M.

Garden Grove
Mendocino Recreation Building
1101 - 11th Ave. at Orange St.
Tuesday, October 2, 1973 - 10:00 A.M.

Garden Grove
Fountain Park Teen Center Building
1201 - 8th St.
Wednesday, October 3, 1973 - 10:00 A.M.

Newport Beach
Beach House
Fashion Square
Monday, October 1, 1973 - 7:30 P.M.
Tuesday, October 2, 1973 - 10:00 A.M.

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Huntington Beach
Merch Park Community Center
709 - 9th Ave. at Goldmans
Thursday, September 20, 1973 - 10:00 A.M.
Thursday, September 20, 1973 - 7:30 P.M.

El Toro
Southern California Edison Co.
2601 Canada (at Highland)
Thursday, October 4, 1973 - 7:30 P.M.
Wednesday, October 30, 1973 - 10:00 A.M.

Westminster
City Council Chambers
8201 Westminster Avenue
Wednesday, October 10, 1973 - 7:30 P.M.
Thursday, October 11, 1973 - 10:00 A.M.

Costa Mesa
City Council Chambers
77 Fair Drive
Tuesday, October 16, 1973 - 7:30 P.M.
Wednesday, October 17, 1973 - 10:00 A.M.

Buena Park
Community Recreation Center, Social Hall
8150 Knott Avenue at Santa Fe
Wednesday, October 17, 1973 - 10:00 A.M.
Wednesday, October 17, 1973 - 7:30 P.M.
Reservations necessary.
Two program units, call: 714-824-0001 or 714-824-0002, Ext. 77.

Laguna Beach
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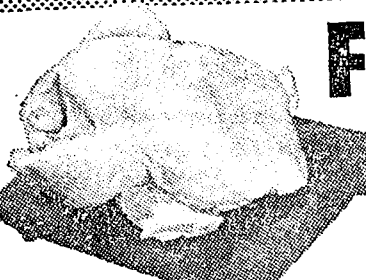
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FOOTBALL 1973





FROM GREATER ORANGE COUNTY COME THESE BRUINS — Registerland schools have furnished UCLA with more football players this season than any other area. Here is the 18-member "Orange Mob" at practice recently:

Kneeling (from left) are split end Norm Andersen (Anaheim) No. 89, safety Gary James (Rancho Alamitos) No. 28; cornerback Bill Little (Sonora) No. 23;

assistant coach Dick Tomey, UCLA recruiter in Orange County; safety Kent Pearce (Fullerton College) No. 13; split end Steve Monahan (Orange Coast College) No. 3; cornerback John Nanoski (Cerritos) No. 47, and quarterback Bob Acosta (Western-Anaheim) No. 12.

Back Row (from left) offensive tackle Gus Coppens (Sunny Hills) No. 78; linebacker Richard

Dischner (Santa Ana) 63; defensive end Bill Baggett (Servite) 92; guard Steve Klosterman (Laguna Beach) 62; offensive tackle Al Oliver (Cerritos) 70; offensive tackle Bob Reyes (Santa Ana) 74; defensive guard Pat Sweetland (Orange Coast) 67; linebacker Art Fry (Loara) 41; linebacker Jim Swick (Newport Harbor) 52; offensive guard Mitchell Kahn (Kennedy-Anaheim) 66.

Bruins Still Think They Can Smell Roses

By JIM COUR

LOS ANGELES (UPI) — When you return three-quarters of a backfield that piled up 3,810 yards, you can admit you're optimistic. Pepper Rodgers does.

"I think we have a good chance at the Rose Bowl," the comical third-year football coach of UCLA said. "Not the best chance but a good chance."

The major problem is right here. University of Southern California is the defending national champion and is ranked No. 1 in the nation — before a game has been played. The Bruins are rated eighth.

"SC is going to be great again," Rodgers added, "and they'll have the momentum going. We're going to be a good football team. Whether we're a

great one remains to be seen."

On paper at least, the Bruins have awesome potential. They lost to the Trojans 24-7 last season for the right to represent the Pacific-8 in the Rose Bowl but the Wishbone is now in its second year at UCLA.

Said Rodgers, "I'd say we should be 25 per cent better at running the Wishbone. Last year we were just trying to establish the offense during fall practice. This year we're going to improvise more. We'll have a much better passing game and that will keep our opponents more honest."

Mark Harmon, Kermit Johnson and James McAlister. Those are the Bruins back in the backfield.

Harmon proved himself to be much

more than just a name in his first season at UCLA. The 6-foot, 185-pound quarterback will, according to his coach, throw the football more this season.

"We'll have a much better passing game," said Rodgers. "That will keep our opponents more honest."

Just in case their opponents cheat to the outside, the Bruins have switched McAlister, the 27-foot long jumper, from halfback to fullback. McAlister rushed for 778 yards a year ago.

Johnson, the other Bruin halfback last season, will stay right where he was — and right where he gained 952 yards as a junior.

In the Wishbone T, the quarterback is vulnerable. Harmon, for example, suf-

fered a broken collar bone in spring practice.

John Sciarra, a talented 19-year-old sophomore, is Harmon's backup man and Rodgers is not worried. Sciarra excels at turning broken plays into big gains.

The fourth starter in the UCLA backfield at McAlister's old position probably will be sophomore Eddie Ayers, from Richmond, Calif.

UCLA ranked next to last in the conference in defense a year ago but the Bruins have 10 defensive starters back and brought in 17 junior college players, most of them big linemen. Among the defensive returnees is Jimmy Allen, a cornerback with all-America potential.

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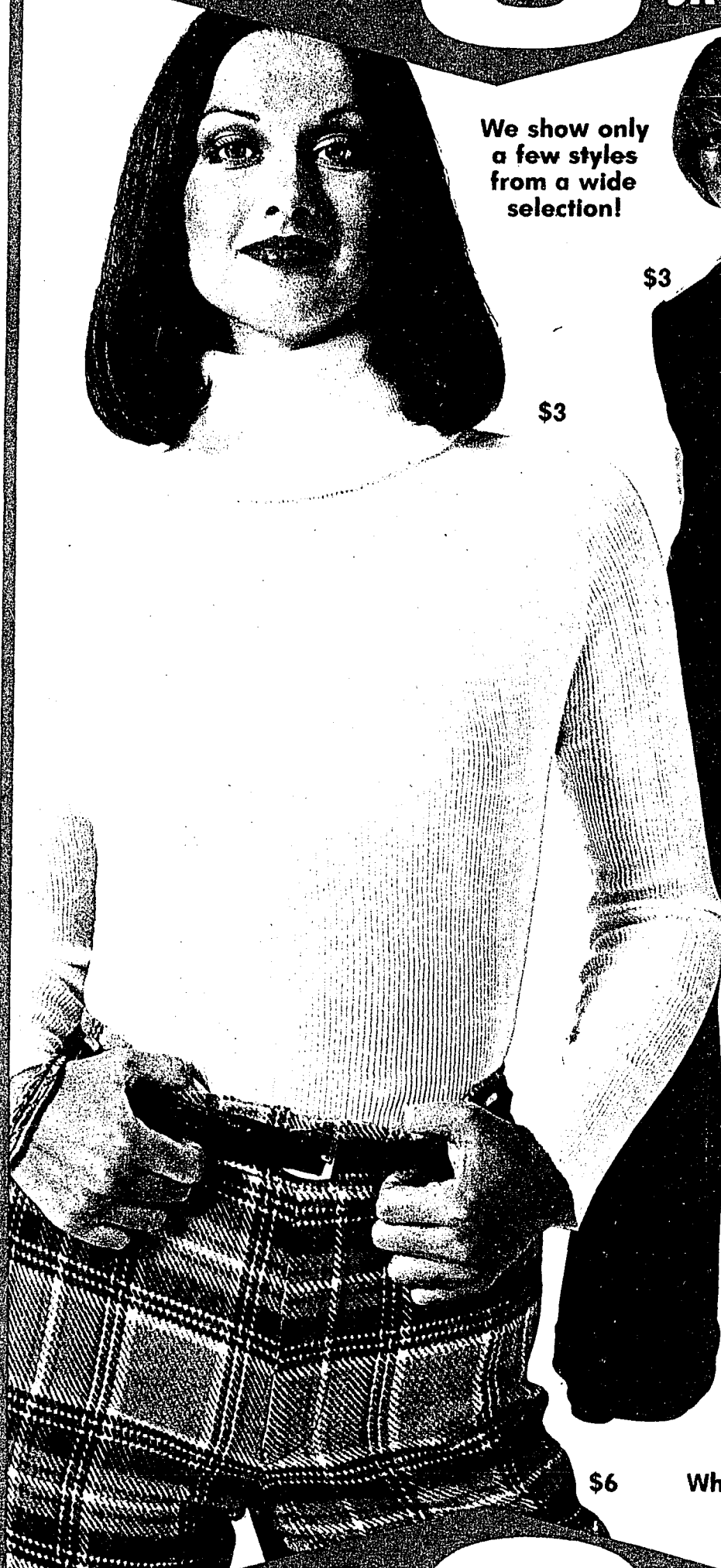
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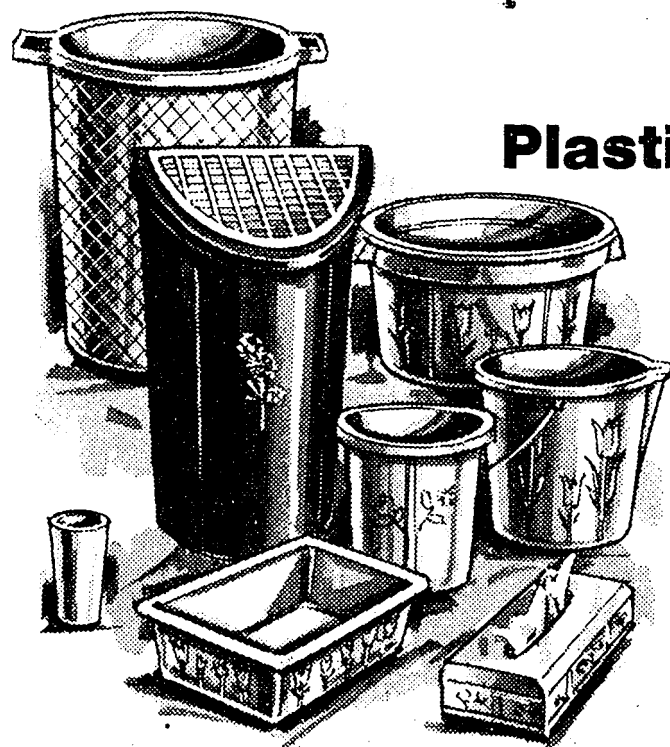
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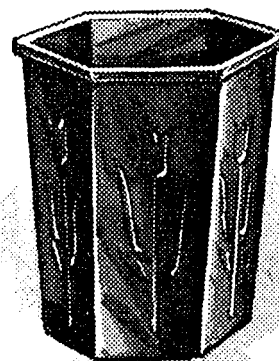
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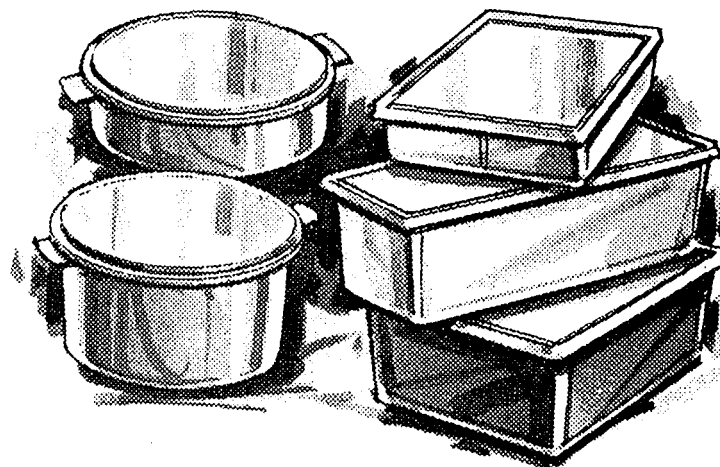
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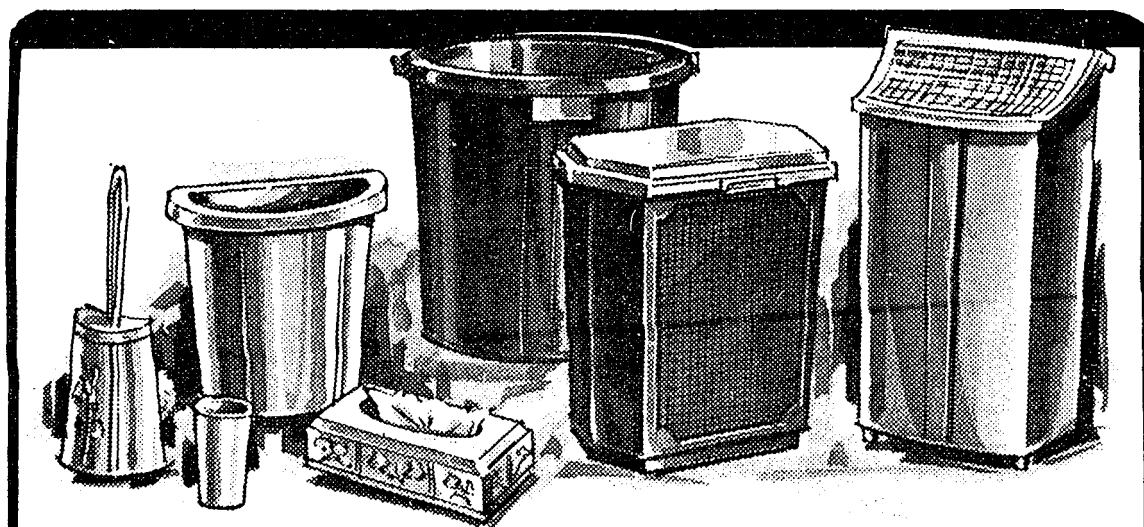
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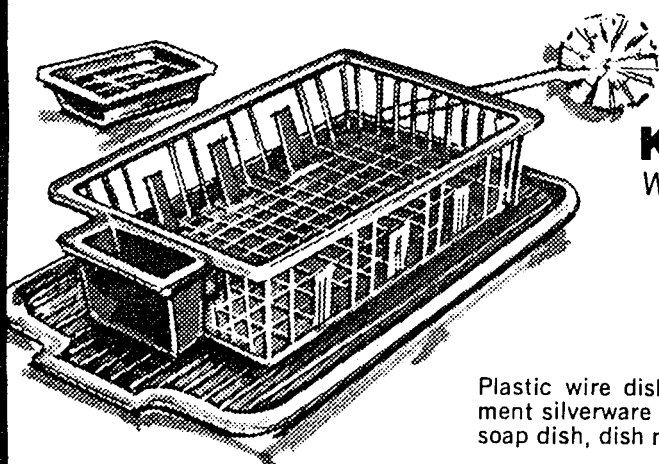
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